

Case Study: EMDR, Neurofeedback, and Hemi-Sync in the treatment of Post Traumatic Stress Disorder

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Pete R., 38, survived a whitewater canoeing accident on June 17, 2012, in which his father, Ed, 68, drowned. Their canoe upset in rapids on a father's day fishing trip on the McKenzie River in Oregon. Pete struggled to save his father as they washed through the wave trains, bringing his father back to the surface several times. He eventually lost his grip, and Ed's body was recovered later.

Following the funeral, Pete sought trauma therapy as he was suffering from insomnia, headaches, and multiple flashbacks each day. By engaging in Eye Movement and Desensitization Reprocessing (EMDR), he was able to achieve some relief from the post-traumatic stress symptoms, he was experiencing. Prior to the EMDR therapy, Pete's flashbacks were preceded by a nervous tic.

"I no longer look like I've got Tourette's syndrome," Pete told me during his August 23rd intake interview. He still experienced daily flashbacks, nightly insomnia, and headaches four to five times a week.

Pete's protocol started with 24 minutes of eyes closed Alpha-Theta neurofeedback training in the form of music that became more melodious as he moved into desired states. During the very first session, Pete went into a state in which theta waves predominated for almost 14 consecutive minutes. By day 4, his headaches had resolved, he was sleeping better and flashbacks had diminished. He completed ten (10) neurotherapy sessions over six (6) days.

Pete returned to Oregon on August 30 after his with a selection of Hemi-Sync[®] designed to aid with sleep and meditative states. Hemi-Sync uses combinations of binaural beats that have been demonstrated to support deeply meditative states like those Pete experienced during neurofeedback training.

On September 8th, Pete reported that he had not had a single flashback since his return to Oregon, and was using the Hemi-Sync nightly before going to sleep. Although he still thinks about the trauma, he feels that these three modalities have helped. He credits these modalities with helping him regain a sense of normalcy in life.